

Norsk friidrett

Ullevaal stadion

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COURSE MEASUREMENT REPORT - RAPPORT FOR NASJONALT KONTROLLMÅLT LØYPE -

Event and Course
Event : Sommernattsløpet Bergen
Promoting Organization: Fyllingen IL
Date : June 1st 2024
Date and Time of measurement: May 10 th 2024
Measured distance: 5km and 10km (two laps)
Length of calibration course: 310m
Terrain: Flat <input checked="" type="checkbox"/> Slightly hilly <input type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
Race surface: Mostly tarmac roads, some gravel
Course configuration: Closed loop <input checked="" type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
Elevation : Start - Finish: 0m
Description of Start: Nygårdsparken
Description of Finish: Same as Start
Distance, in a straight line, between start & finish: 0m
Is Start and Finish marked: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Km-markings: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Measurement direction: Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>

Contact information		
	Measured by	Organizer:
Name:	Geir Jensen	Atle Børnes
Phone:	+47 48 08 22 00	+47 906 99 647
Email:	Ccie8795@gmail.com	Atle.boernes@gmail.com

It is hereby confirmed that the course has been measured by a nationally certified course measurer from Norwegian Athletics. The course is measured in accordance with Norwegian athletics regulations, and the distance has the correct length. The survey is valid for 5 years, except if the route is changed.

May 14th 2024 Geir Jensen (sign)

Date

Signature

Date

NFIFs approval

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Calibration	
Length of measuring tape (steel measuring tape only)	50m
Length of calibration course 1st measurement	310m
Length of calibration course 2nd measurement	310m
Possible 3rd measurement (max. 1 cm diff per 100m between first 2 measurements)	
Average of measurements before adjustments	310m
Temperature (road or measuring tape)	20C
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0.0m
Measured calibration distance after adjustment	310m
Distance from start/finish to calibration distance	500m

Calibration information (max 8 Counts difference of 1000 m between 4 measurements, ie 2 Counts of 300m and 3 Count of 400m)						
	Pre-measurement			Post-measurement		
	Date/Time: May 10th, 16:00			Date/Time: March 10th, 18:30		
	Start	End	Reading	Start	End	Reading
1.	481 000	484 578	3 578	574 000	577 578	3 578
2.	485 000	488 576	3 576	578 000	581 577	3 577
3.	489 000	492 577	3 577	582 000	585 577	3 577
4.	493 000	496 576	3 576	586 000	589 577	3 577

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Pre measurement Post measurement

Average(1+2+3+4) / 4	3576.75	3577.25	Today's constant. Either highest or average of before and after measurement
Working Constant	11537.9032	11539.5161	
+1‰	11.5379032	11.5395161	
Measurement constant	11 549	11 551	11 551

MÅLEPROSEDYRE		
Measurement constant	11 549	
Distance	Counter	Description
0 . Start	502 000	Nygårdsparken, manhole by fountain
1km	513 549	ADO, Just after the corner
2km	525 098	Bike ramp at Fløenbakken
3km	536 647	Møllendalsbakken 11
4km	548 196	Corner by the Science Park
5km	559 745	Same as start

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Conclusion

- **Measurement method**

Jones counter mounted on bicycle wheel

- **Measurement procedure**

The measurement was carried out by a continuous measurement in the running direction from start to the finish.

- **Course adjustment**

The post calibration gave a slightly higher constant 11 551 vs 11 549. I decided to use the highest value (11 551) in my calculations.

When I crossed the start/finish line the Jones counter was 559 819, but it “should” have been 559 755. The course is therefore 5.54m to long. No adjustments necessary.

$(559\,819 - 559\,755) \text{ ticks} \cdot 1\,000\text{m}/11\,551 \text{ ticks} = 5.54\text{m}$

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Calibration Course map



The calibration course, 310m, is in Allégaten in Bergen, Measured by myself and Ivar Sandø (Grade B measurer) on April 9th 2024, 14:00. The endpoints are marked with nails in the asphalt.

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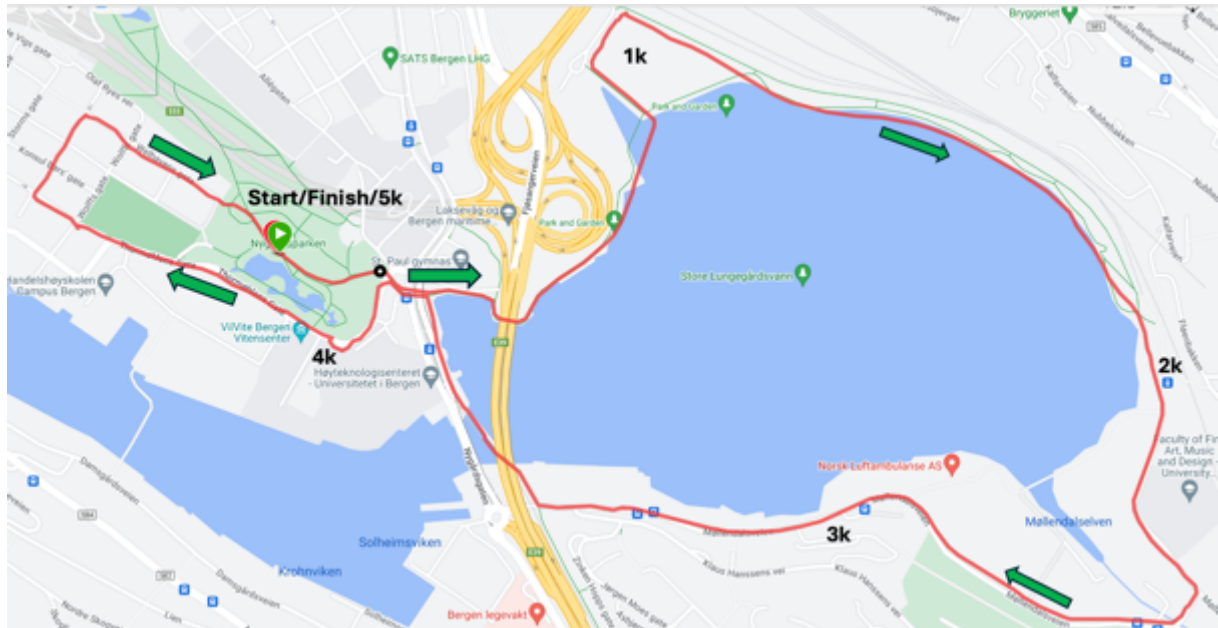
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Course map and description



Course description:

- Start and finish in Nygårdsparken. The manhole aligned with the fountain (see Photo)
- Run south on the walkway, and out the gate.
- Cross the road after exiting the park, and run slightly to the left and through the pedestrian tunnel.
- Continue on the gravel road and over the bike/pedestrian bridge.
- Turn left after the bridge, around ADO, and turn right onto the walkway.
- Follow the walkway along the tram-line and then along Møllendalsveien. Runners are not allowed to use the road.
- Turn right after Bunnpris and continue along Møllendalsveien on the south side of the lake
- Continue until Nygårdsgaten, turn right and run along the tram-line over the bridge (old Nygårdbridge)
- At the end of the bridge, run down the ramp on the right and turn left into the pedestrian tunnel.
- Turn right after the tunnel towards Thormølensgate.
- Cross the road, turn left and continue on the sidewalk.

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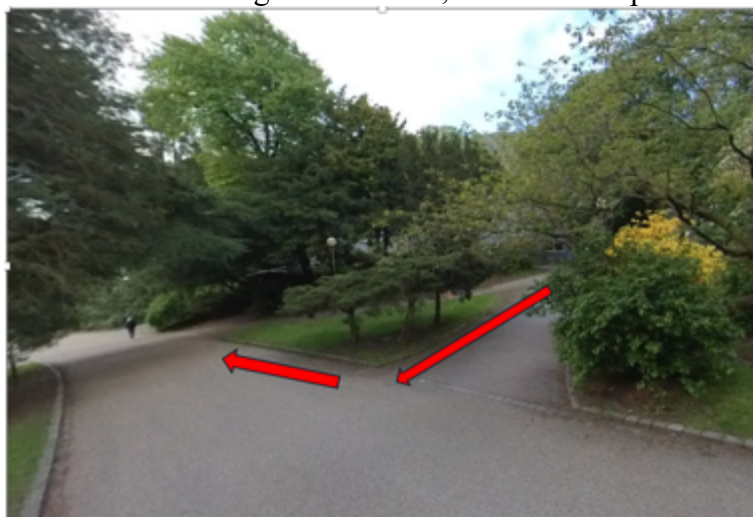
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- In order to avoid crossing the road using the zebra crossing, the course is measured along a straight line from the traffic sign to the tree (see picture), thereby avoiding two sharp turns when crossing the road.



- Continue on the sidewalk along Thormøhlensgate, and when the sidewalk ends cross the road and continue on the sidewalk on the other side of the road until Zetlitz gate.
- Turn right onto Zetlitz gate, and later right onto Welhavens gate.
- Follow Welhavens gate to the end, and enter the park through the gate.



- After entering the park run the longer way around the triangle, do not use the shortcut behind the trees.
- Continue straight ahead to the Finish/5K.
- (two laps for the 10K runners)

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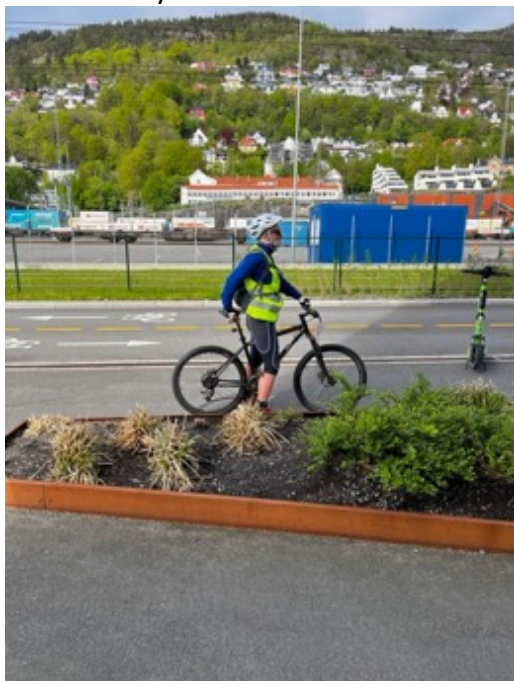
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Start and finish on the left side of the manhole by the fountain.



1Km directly after the corner at ADO



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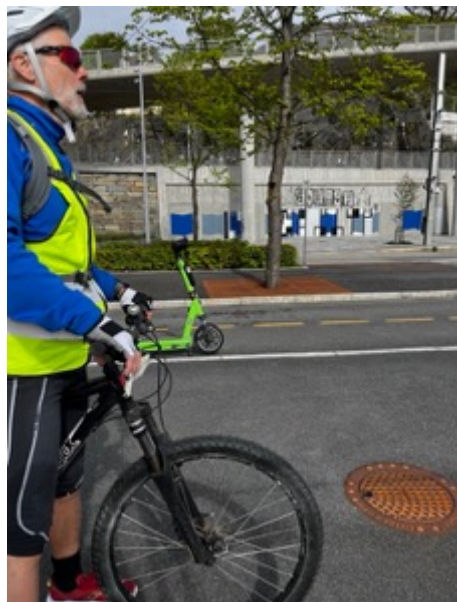
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2km by the new bike-bridge



3km by Møllendalsveien 11



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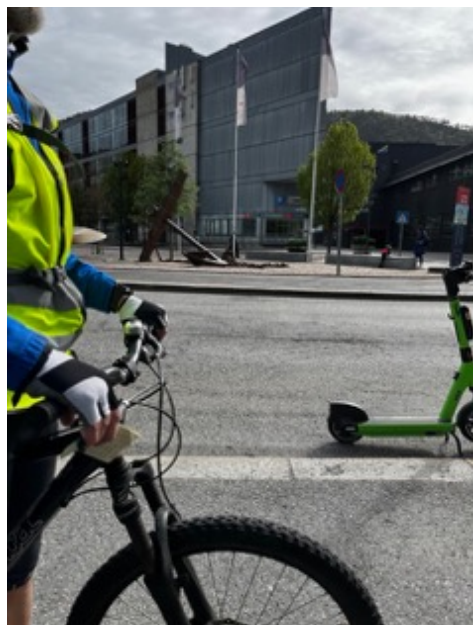
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4km at the corner before VilVite.